



Kennesaw Parks & Recreation  
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## Press Release

### WORKOUT FOR A BETTER MIND, BODY & SPIRIT

Kennesaw, Georgia (June 24, 2005) - The Kennesaw Parks & Recreation Department offers a variety of convenient, quality and affordable fitness classes comparable to many private gyms, providing adults the opportunity to test new workout techniques or try something new.

**Aerobics** uses light weights, bands, steps and mats to get in shape and improve your fitness level. Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**Tai Chi** is a low impact exercise that combines the benefits of meditation and martial arts. Movements are designed to help with balance, coordination, flexibility, concentration and relaxation.

**Yoga** can improve muscle tone, flexibility, strength and stamina. It can also reduce stress, improve circulation, breathing and balance.

**Pilates** strengthens and tones muscles, improves posture, increases flexibility and balance, unites body and mind, and creates a more streamlined shape.

**Belly Dancing - Oriental Dance** is an ancient art for modern women. Exercise your mind, body and spirit. Enjoy hypnotic rhythms, get into shape, and take a break from the outside world.

All classes are conducted by skilled and certified instructors at the Kennesaw Community Center, which is located at 2753 Watts Drive, near the entrance to Adams Park.

For additional information about class schedules and fees, visit <http://kennesaw.recware.com> or call the Kennesaw Parks & Recreation Department at (770) 422-9714.

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